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HOW TO AVOID
CONSUMPTION
(TUBERCULOSIS)

WITHDRAWN

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SOME FACTS

Every three minutes someone in the United States dies from consumption.

10,000 persons died from it in New York City last year.

One person of every seven who die in New York City dies of consumption.

CONSUMPTION

Consumption is caused by a living germ in the lungs. The body of a healthy person will resist its growth and may kill the germs, but in a weak body and without proper care the germs multiply until the lungs are **consumed** and the person dies.

These **germs** are found in the sputum (spit) of a consumptive: in small numbers in the very early stages of the disease; in larger numbers as the disease progresses; and in countless millions in the late stages.

Among the earlier symptoms which one can observe and which should lead him at once to consult a physician are: slight cough, lasting a month or longer; loss of weight; slight fever in the afternoon; night sweats; bleeding from the lungs.

HOW THE GERMS OF CONSUMPTION ARE CARRIED FROM THE SICK TO THE WELL



CONSUMPTIONS ALLIES—AVOID THEM AND YOU ARE SAFEGUARDING AGAINST THE DISEASE



IN CASE OF CONSUMPTION LOOK TO THESE FOR CURE



Banner used in the New York State Department of Health Traveling Exhibit
and shown at the International Congress on Tuberculosis

Designed under the direction of Herbert D. Pease, M. D., by C. W. Etheridge.

THINGS TO REMEMBER

Fresh air is as necessary to health as pure and nourishing food.

People should not sleep in over-crowded rooms, nor with closed windows.

Homes and work-shops must be clean and thoroughly ventilated. Dirt and impure air are the allies of consumption.

Persons with colds or coughs of long standing or persons who are losing in weight or strength should consult a doctor, or go to a dispensary or clinic. It is dangerous to wait.

The habit of careless spitting promotes the disease.

The consumptive person spits out millions of germs in a single day and when the spit dries these germs are blown about and find their way into other people's lungs. Sick persons should burn their spit.

Though no one should ever sleep with a consumptive, a careful consumptive is not dangerous to those with whom he lives and works.

The large majority of people probably have tuberculosis in their systems, but they do not become sick with it because they take good care of their general health and strength.

THINGS GOOD FOR WEAK LUNGS

Fresh air in plenty prevents consumption. Sunshine kills the germs.

Choose sunny rooms. Open the windows and let the air in. Keep the house clean. If a consumptive has moved out of a room, give it and the furniture a good scrubbing with soap and water.

Be in the open air as much as you can. Outdoor work is vastly better than indoor work. Keep the feet dry.

Breathe with deep, long, full breaths, so as to carry the fresh air to every corner of your lungs. Do this every day for several minutes in the morning and at night with the windows open or while out of doors. Breathe through the nostrils and not through the mouth.

Spend your money for simple food—milk and eggs, good fresh meat, cereals, vegetables, bread and butter, and fruit.

Live a regular life; get plenty of rest and sleep.

A daily sponge or tub bath is good when followed by a brisk rub, preferably upon rising.

Courage is very important. Consumptives can be helped and many are cured.

THINGS BAD FOR WEAK LUNGS

Dirty shops and stores, over-crowded living and sleeping rooms, dirty saloons and dance halls, dusty kinds of business, are bad for weak lungs.

Self-indulgence and intemperance are very bad. Vice which weakens the strong kills the weak.

Patent medicince, even those which claim to cure consumption, are bad for weak lungs, because they contain a large amount of alcohol.

WHAT TO DO

If you think you have consumption, go at once to a private physician or to a tuberculosis clinic or dispensary.

Information with regard to tuberculosis will at all times be cheerfully furnished by this Committee.

Lists of clinics, hospitals, sanatoria, and country boarding houses that will take people suffering with this disease will be supplied on request.

COMMITTEE ON THE PREVENTION OF TUBERCULOSIS

OF THE
CHARITY ORGANIZATION SOCIETY
OF THE CITY OF NEW YORK

Rooms 617-622
105 EAST 22d STREET

FOR YOU

Do not lay this leaflet aside without reading it because you think it does not apply to you.

You may have consumption and not know it. Many persons have the disease for months before finding it out.

10,000 persons fall prey to the disease each year in New York City.

You or some one of your family or your friends may be the next victim. Prevent this before it is too late.

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the city of New York. Committee
on the prevention of tuberculosis
How to avoid consumption.

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